

Appetizers

Roasted Garlic and peppercorn Goat cheese

Served over a relish of fire roasted red peppers, kalamata olives, sundried tomatoes & olive oil. Presented with warm focaccia
9

Bruchette

Fresh vine ripened tomatoes and organic basil with extra virgin olive oil, baby spinach and feta on toasted baguette, Finished with a balsamic reduction drizzle.
7

Crab and Brie Quesadilla

Fresh blue crab meat, sweet tomatoes, caramelized onions, & creamy Brie cheese, all melted together on grilled flour (or whole wheat) tortillas and served with fresh mango salsa
16

Mediterranean Chicken Quesadilla

Grilled chicken breast, fresh basil pesto, tomatoes & feta. all baked on the griddle between two flour (or whole wheat) tortillas. Served with hand cut Pico de Gallo
14

Stuffed Portobellos

Marinated mushroom caps stuffed with grilled shrimp, melted pepper jack cheese, fresh Pico del Gallo and fresh avocado
12

Crab and Avocado Nachos

Real blue crab, black beans, roasted corn, chunks of avocado, Pico de Gallo & of course, plenty of melted cheese, baked over whole grain tortilla chips (the good non-trans fat kind!)

Salads

Hazelnut Butter leaf Salad

Roasted hazelnuts, sweet Fuji apples and creamy goat cheese

atop tender butter lettuce and finished with blueberry

apple vinaigrette! Add grilled chicken **16**

Add Grilled Salmon or Shrimp **18**

Sizzling Steak Salad

Crisp organic greens, topped with seasoned steak strips,

caramelized onions, tomatoes, cucumbers and crumbled dry blue cheese. Your choice of dressing.

18

Strawberry Spinach Salad

Fresh strawberries, ripened avocado chunks, candied almonds & feta cheese, all atop tender organic baby spinach & finished w/raspberry vinaigrette **16**

Add grilled chicken or Shrimp **18**

Grilled Chicken Caesar Salad

Crisp romaine lettuce, tossed with sweet tomatoes, homemade garlic croutons, shaved parmesan cheese and our creamy dressing. **16**

Grilled Salmon or Shrimp **18**

Wonderful Wraps

Shrimp and Mango Wrap

Seasoned and grilled shrimp, fresh mango, ripe avocado,

lettuce and tomato all wrapped up in a whole wheat tortilla.

16

Rancher Wrap

Lean roast beef, caramelized onions, apple wood smoked bacon, and cheddar cheese wrapped in a flour tortilla with zesty jalapeno ranch.

14

Cilantro Lime Salmon Wrap

Spice-rubbed wild Alaskan salmon, grilled to perfection,
then wrapped in a whole wheat tortilla with crisp lettuce,
sweet tomatoes, grilled onions, fire roasted red peppers,
ripe avocado and fresh cilantro and lime aioli.

16

Greek Isle Turkey Wrap

Oven Roasted Turkey breast, fresh pesto, roasted red peppers,
and marinated artichoke hearts, romaine, feta, and fresh tomatoes in a whole wheat tortilla.

14

Chicken Asparagus Wrap

Grilled Chicken breast, blanched asparagus, parmesan cheese and tomatoes, all wrapped up in whole wheat tortilla
with honey Dijon for dipping.

15

Baja Fish Tacos

Three corn tortillas topped with fresh grilled Wild Halibut,
with melted jack cheese, fresh avocado, crunchy lettuce,
and hand-cut Pico de Gallo.

16

Entrees

Three-Cheese Tortellini

Ricotta, parmesan and Romano cheese blended in hat-shaped pasta, tossed with fresh pesto, toasted pine nuts and grilled chicken breast

18

Italian Sausage Penne

Tube pasta tossed with Italian sausage, garlic, grilled peppers and onions, in a hearty marinara sauce

18

Angel Hair Pomodoro

Delicate angel hair pasta tossed with garden tomatoes, fresh garlic, basil, feta cheese and extra virgin olive oil
16

Shrimp and Asparagus Fettuccini

Roasted asparagus spears, grilled shrimp and fettuccini noodles all tossed with a lemon caper sauce with roasted walnuts
19

Hazelnut Crusted Halibut

Wild Alaskan Halibut, crusted with roasted hazelnuts and pan seared to perfection topped with fresh Mango salsa. Served with herbed brown rice and grilled seasonal veggies
21

Blackened Salmon

Spice-rubbed Wild Alaskan Salmon, grilled and served over a bed of herbed brown rice and grilled zucchini and roasted red peppers topped with a cilantro lime sauce.
21

Stuffed Free Range Chicken Breast

Oven roasted with feta, sundried tomatoes, spinach & artichoke hearts, topped w/fresh tomatoes, basil and garlic.
Served with herbed brown rice and seasonal veggies.
22

Cordon Blue Stuffed Steak

USDA New York strip stuffed w/Black Forrest ham, swiss & provolone, garlic & herbs, & topped w/Portobello cream sauce. Served with roasted red potatoes and grilled veggies.
24

Bacon Wrapped Filet Mignon

Applewood smoked bacon wrapped USDA filet seared & topped w/garlic & herbed butter. Served with rosemary roasted red potatoes and garlic sautéed baby spinach.
26